

**Knock Out The Knob**  
**PILOT KNOB 10K RUN**  
**Saturday, November 8, 2008**  
Part of 30<sup>th</sup> Annual Tennessee State Parks Running Tour

**NATHAN BEDFORD FORREST STATE PARK, Eva, TN - Park info 731-584-6356.**

**Directions:** From Nashville, take I-40 West to the Camden exit 126(Hwy 69 or SR 641). Take Hwy 191 to Eva Beach Drive on Tennessee River.

**Start and Finish:** at Eva Beach Pavilion and conquer the highest point in West Tennessee. The 10K race starts at 11:00 AM central time.

**Course:** starts on Eva Beach Drive then turns left onto Hwy 191. At the park entrance, continue on County Hwy 308 to the summit turnaround and water stop and return to the beach. Every mile is marked.

**Awards:** ten-year age groups with 3 awards in each category from under 14 to 70+.

**Pre-registration Deadline:** November 1, 2008. Race day registration is from 9:45 to 10:45 a.m.

**Long Sleeve T-shirt:** guaranteed to all pre-registered runners only.

**Race Directors:** Mike Bell, Jackson Roadrunners (731-584-9147)

**Entry Fee:** \$ 18.00 payable to Pilot Knob 10K  
or \$ 5.00 without shirt  
(Late fee without T-shirt \$ 12.00) No shirts race day.

Mail registration to: **Pilot Knob 10K**  
**1900 Liberty Rd**  
**Camden, TN 38320**

[Link to Registration Forms](#)